

myCIGNA.com
my health & wellness center

Customer Registration Demo

Enter your log in information
or
register if you have not done so yet



LOG IN

User ID

Password



- > [Forgot your User ID?](#)
- > [Forgot your password?](#)
- > [Log in help](#)

Who can register for myCIGNA?

- > CIGNA plan subscribers (the person insured, either direct or through his/her employer).
- > Dependents of CIGNA plan subscribers that are covered by CIGNA mail-order pharmacy. Access to pharmacy information plus health resources and tools will be provided.
- > Members of CIGNA Medicare Access® (PFFS) and CIGNA Medicare Access Plus Rx® (PFFS). Access to discounts from Healthy Rewards® and health information will be provided.

[Register](#)

Welcome to myCIGNA.com

LIVE
Well



Looking for another CIGNA website?

- > [CIGNA.com](#)
- > [CIGNAforHCP.com](#) for health care professionals
- > [CIGNAaccess.com](#) for employers and plan sponsors
- > [myCIGNAforhealth.com](#) for customers in the GWH-CIGNA network
- > [CIGNAMedicareAccess.Com](#) for CIGNA Medicare Access plans

myCIGNA Capabilities

myCIGNA helps consumers manage health care benefits and provides access to WebMD's suite of health information and decision support tools.

[View myCIGNA business hours](#)

[Take a tour of myCIGNA](#)

Not sure which site to use? Check your ID Card! > [+ Show me...](#)



Once logged in, select the
"Take my health assessment now!"



Feedback | Log Out

Logged in as: Alexandria Becker - Last log in on May 25, 2010 at 16:11 EDT

Member Center

- Download Forms
- Print & Request ID Cards
- Contact CIGNA

Hello Your Name welcome to **myCIGNA**: the information you need, online

My Plans

> [View Medical main page](#)

Benefit Details

> [View Medical benefit details](#)

Claim Search

> [Search Medical claims](#)

Accounts

> [View Account balances and transaction histories](#)

Provider Search

> [Find a doctor, hospital or special facility](#)
> [Encontrar un doctor, hospital, o centro especializado](#)


Personal Health Record
**Your Medical History.
At Your Fingertips.**

Secure access to:

- Import lab results medical & pharmacy claims
- Print Health Record Summary & Emergency Card
- Upload medical documents

View Your Health History Today! –
Go to the **MyHealth Tab**
click [WebMD Personal Health Manager](#) &
select the [Health Record](#)

Audio Information for Your Health

From caring for children's oral health, to saving money on health care costs, to getting through economic hardships, CIGNA's podcasts cover hundreds of topics – all to help you learn more and feel better. See the entire selection of [podcasts](#) and [categories](#). Be sure to check back regularly for new topics!

**Take my health
assessment now!**



**Paperwork without the paper.
Or the work!**

Quicken Health Expense TrackerSM is your easy, secure way to:

- Understand what you owe and why
- Pay bills safely online
- Track medical and pharmacy claims

Get started: visit [My Plans](#) and click on the link

Quicken Health^Y
Expense Tracker



Selecting links associated with this feature takes you off of this and other CIGNA sites. CIGNA does not control the linked sites' content or links. [Details.](#)

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**CERTIFIED
ENTERPRISE**

Select your "Sign in to _____ my health and wellness center account"



[Settings & Preferences](#) | [Site Help](#) | [Feedback](#) | [Log Out](#)

Logged in as: Alexandria Becker - Last log in on May 25, 2010 at 16:11 EDT

Member Center

- [Download Forms](#)
- [Print & Request ID Cards](#)
- [Contact CIGNA](#)

my health assessment and Online Health Coaching Programs

[< Back](#)



Your journey to health & wellness starts here

You're just a few steps away from discovering a healthier you. Here, you can either:

- Take my health assessment
- Join one of CIGNA's exciting online health coaching programs

Take your Health Assessment / visit *my health & wellness center*

In order to access your exclusive my health & wellness center resources, you'll need a special account

[Sign in to](#) **Your Name** [my health & wellness center account](#)

Invite your dependents to sign up for their own *my health & wellness center* account

my health assessment and online health coaching programs are available to you and your dependents, aged 18 or older.

* [Invite](#) **Dependent** [sign up for a *my health & wellness center* account](#)

Important: Each of your dependents who would like to complete a health assessment must be registered separately. My health & wellness center accounts cannot be shared.

Dependent aged 18 and over not listed?

Please contact Member Services at the number on your CIGNA HealthCare ID card or on the [Member Center Contact CIGNA Page](#).



Sign up for *my health & wellness center*

Have you previously taken a CIGNA health assessment or signed up for a *my health and wellness center* account?

☐ Yes ☐ No ☐ Not Sure

my health & wellness center supports Internet Explorer 6, 7 and 8 and Firefox 2 and 3. Other browsers can be used, however, full functionality can't be guaranteed.

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Select the button that represents
your status with the health
assessment and your *my health
and wellness center* account

Sign up for *my health & wellness center*

Have you previously taken a CIGNA health assessment or signed up for a *my health and wellness center* account?

☒ Yes ☐ No ☐ Not Sure

Sign in using the username and password you created then and we will link your Health Assessment to your account.

Username
Password 
Forgot your username and password?
[Retrieve it now](#)

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Selecting "Yes" will allow you to enter your log in information and (after you press the "Go" button) will take you to you're *my health and wellness center* homepage



You have logged into your *my health and wellness center* account. You now can review your health assessment reports, view your confirmation, access the online coaching programs, or retake the health assessment.

SLEEP

my health & wellness center

Welcome to *my health & wellness center*! Here you'll find the tools you'll need for a healthier and more energetic you. Simple lifestyle changes can have big effects and help you get more out of life.

Now that you have your personal scores for sleep quality, eating habits, stress management, and physical activity, you can take the next step to improve your well-being.

Why not take advantage of the Online Health Coaching Programs? They will give you a week-by-week plan to work on the areas you've chosen. Want to improve your stress management? Take the Strength & Resilience program. Need to boost your energy levels? Try the Energy & Performance program. Would you like to eat better or lose a few pounds? Start with Feel Better, Look Better. Wishing for a good night's sleep? Try Sleep Better, Feel Better, Live Better.

Featured topics and articles

- > [Seeing yourself in a positive light](#)
- > [All about Omega-3s](#)
- > [Relax in 45 minutes](#)

Welcome, Jane Doe
[Home](#) | [Contact Us](#) | [Edit My Settings](#) | [Log Out](#)
[English](#) | [Español](#)

ON

PHYSICAL ACTIVITY



my health assessment

How do you measure up?

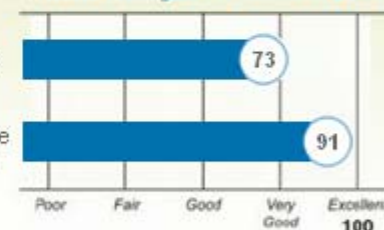
Track your health score over time and see how you compare.

- > [View report](#)
- > [Take again](#)
- > [View Confirmation](#)

Current Score

Previous Score
04/20/2010

powered by
The University of Michigan
Health Management Research Center



Online Health Coaching Programs

Strength & Resilience

You are currently participating in this program

- > [Return to your program](#)



Energy & Performance



Sign up for my health & wellness center

Have you previously taken a CIGNA health assessment or signed up for a *my health and wellness center* account?

☐ Yes ☒ No ☐ Not Sure

No problem. You'll be ready to take the Health Assessment right after you complete a simple sign up on the next page.

Sign up now!

my health & wellness center supports Internet Explorer 6, 7 and 8 and Firefox 2 and 3. Other browsers can be used, however, full functionality can't be guaranteed.

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Selecting “No” or “Not Sure” will allow you to register for *my health and wellness center*, where you can take your health assessment. Just click the “Sign up now!” button to begin.



Sign up for my health & wellness center

Is this information about you correct?

*Required

First N
Last N
**Your
Name**

Date of Birth: June 01, 1949

Gender: Female

☒ Yes, my information is correct.

☐ No, there is something wrong.

Email Address: [Is an email address required?](#)

*Create a Username: Must be at least four and no more than 32 characters, including at least one letter.

*Create a Password: Must be at least six characters and contain at least one letter and one number.

*Confirm Password:

*Select a question that's easy to remember:

*Enter your answer to the easy-to-remember question: Must be at least 4 characters.

*Select a second question that's easy to remember:

*Enter your answer to the second easy-to-remember question: Must be at least 4 characters.

Secured Site User Agreement

Use of the *my health & wellness center* site ("Secured Site") requires that you agree to the following terms and conditions by clicking on "I agree" and then "Continue" below.

[Print](#)

Secured Site Provided by CIGNA Corporation Subsidiaries

"CIGNA" is a registered service mark of CIGNA Intellectual Property, Inc., licensed for use by CIGNA Corporation and its subsidiaries. CIGNA Corporation is a holding company and is not an insurance or an operating company. Therefore, the My Health & Wellness Center web site ("Secured Site") is provided exclusively by CIGNA Corporation subsidiaries and not by CIGNA Corporation.

Links to Other Sites

While visiting the Secured Site, you may leave the Secured Site and access certain non-CIGNA websites. CIGNA does not review, control or endorse the content of non-CIGNA websites, and therefore will not be responsible for their content or accuracy. Your access to non-CIGNA websites is at your sole risk.

User Agreement Acceptance

☒ By checking this box and selecting "Continue" below, you are agreeing to the terms and conditions above. If you do not agree to the terms and conditions, please select "Cancel".

[Continue](#)

[Cancel](#)

Make sure to fill out all of the required information on the registration page. Remember to accept the user agreement at the bottom of the page. Press "Continue".



English | Español

Sign up for my health & wellness center

Please review your information. If you need to make any changes, select 'Edit'. When you confirm that everything is correct, please select 'Complete' to finish signing up and save your username and password.

Important Tip: Be sure to save your username and password. You will need it to log in to this site again in the future.

First Name: Your
Last Name: Name
Date of Birth: June 01, 1949
Gender: Female

Email Address: abecker@email.com ⓘ
Username: abecker1
Password: *****

Easy-to-remember question: Who was your first employer?
Answer to your easy-to-remember question: CIGNA
Second easy-to-remember question: What is your favorite city to visit?
Answer to your second easy-to-remember question: Atlanta

ⓘ Some email systems may block or filter certain types of email. If you find that you aren't receiving email but should be, please check your filtered inbox. Your filtered inbox might be called your "junk", "spam" or "bulk" folder.

If you continue to have difficulties, please contact your system administrator or web-based email provider for assistance.

Complete

Edit

Cancel

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Review your registration information to make sure it is correct. Press the "Complete" button if all of the information is correct.

Note: Press "Edit" if you find a mistake and you will be taken back to the registration form to correct the error.



Welcome **Your Name**
Home | Contact Us | Edit My Settings | Log Out
English | Español

SLEEP

STRESS

NUTRITION

PHYSICAL ACTIVITY

my health & wellness center

my health assessment

How do you measure up? Start tracking your health & wellness now. Click below to take the assessment.

[Take my health assessment](#)

powered by
The University of Michigan
Health Management Research Center

Online Health Coaching Programs



Sleep Better, Feel Better, Live Better
Always tired? Wish you could sleep more soundly? Join this program now!

[Join](#)



Strength & Resilience
Want to cope better under pressure? Join the Strength & Resilience program now!

[Join](#)



Feel Better, Look Better
Want to learn about healthier food choices for a slimmer, healthier you? Join this program now!

[Join](#)



Energy & Performance
Want to boost your energy levels to help you through your day? Join this program now!

[Join](#)

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You have completed registration! You now are on your *my health and wellness center* homepage and can take your health assessment and access the online coaching programs.

Do you have dependents?
Continue to find out how to invite them to register and take the health assessment.

myCIGNA.com
my health & wellness center

Dependent Registration

Once logged in, select the
"Take my health assessment now!"



Feedback | Log Out

Logged in as: Alexandria Becker - Last log in on May 25, 2010 at 16:11 EDT

Member Center

- Download Forms
- Print & Request ID Cards
- Contact CIGNA

Hello Your Name welcome to **myCIGNA**: the information you need, online

My Plans

> [View Medical main page](#)

Benefit Details

> [View Medical benefit details](#)

Claim Search

> [Search Medical claims](#)

Accounts

> [View Account balances and transaction histories](#)

Provider Search

> [Find a doctor, hospital or special facility](#)
> [Encontrar un doctor, hospital, o centro especializado](#)

WebMD
Personal Health Record

**Your Medical History.
At Your Fingertips.**

Secure access to:

- Import lab results medical & pharmacy claims
- Print Health Record Summary & Emergency Card
- Upload medical documents

View Your Health History Today! –
Go to the **MyHealth Tab**
click [WebMD Personal Health Manager](#) &
select the [Health Record](#)

Audio Information for Your Health

From caring for children's oral health, to saving money on health care costs, to getting through economic hardships, CIGNA's podcasts cover hundreds of topics – all to help you learn more and feel better. See the entire selection of [podcasts](#) and [categories](#). Be sure to check back regularly for new topics!

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**Paperwork without the paper.
Or the work!**

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- Understand what you owe and why
- Pay bills safely online
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Get started: visit [My Plans](#) and click on the [link](#)

Quicken Health^Y
Expense Tracker



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**CERTIFIED
ENTERPRISE**

Select the dependent that you would like to invite to sign up for a *my health and wellness center* account



[Settings & Preferences](#) | [Site Help](#) | [Feedback](#) | [Log Out](#)

Logged in as: Alexandria Becker - Last log in on May 25, 2010 at 16:11 EDT

Member Center

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my health assessment and Online Health Coaching Programs

[< Back](#)



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- Take my health assessment
- Join one of CIGNA's exciting online health coaching programs

Take your Health Assessment / visit *my health & wellness center*

In order to access your exclusive my health & wellness center resources, you'll need a special account.

[Sign in to](#) **Your Name** [my health & wellness center account](#)

Invite your dependents to sign up for their own *my health & wellness center* account

my health assessment and online health coaching programs are available to you and your dependents aged 18 or older.

* [Invite](#) **Dependent** [sign up for a my health & wellness center account](#)

Important: Each of your dependents who would like to complete a health assessment must be registered separately. My health & wellness center accounts cannot be shared.

Dependent aged 18 and over not listed?

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English | Español

Invite your dependents to Sign up for my health & wellness center

Is this information about JENNY correct?

First Name: JENNY

Last Name: TOLEDO

Date of Birth: February 02, 1962

Gender: Female

☐ Yes, JENNY's information is correct. ☐ No, there is something wrong.

Continue

Cancel

Confirm that the information for your dependent is correct. Select “Yes” if the information is correct or “No” if it is not. Select “Continue”.

Note: You will be asked to contact our 24 hour customer service line if something is wrong with the information.



English | Español

Invite your dependents to Sign up for *my health & wellness center*

Is this information about JENNY correct?

First Name: JENNY

Last Name: TOLEDO

Date of Birth: February 02, 1962

Gender: Female

☒ Yes, JENNY's information is correct. ☐ No, there is something wrong.

Send JENNY an email so they can register for *my health & wellness center*

JENNY's Email Address:

Enter A Username For JENNY:

Note: This will be JENNY's *my health & wellness center* account ID

[Your dependent doesn't have email access?](#)

Continue

Cancel

Enter your dependent's email address and assign them a username. An email will be generated inviting them to register and take the health assessment. Press "Continue" to send the email.

If your dependent does not have email select here to register them yourself.



When your dependent receives this email they only need to select the "Sign in to *my health and wellness center*" link to register and then take the health assessment.